

Notice is hereby given pursuant to the requirements of section 403(r)(6)(21 U.S. C. 343(r)(6) of the Federal Food, Drug, and Cosmetic Act and in accordance with the requirements of 21 CFR 101.93, that ~~Metagenics, Inc.~~ ²¹⁻⁸⁶⁵⁻⁵ ~~With its principal~~ ^{NOV 28 2005} place of business at 100 Avenida la Pata, San Clemente, California 92673, (949) 369-3372, has commenced marketing the following dietary supplements bearing the following statement(s) on the label and/or in the labeling:

NOV 14 2005

METAGENICS BRAND

Name of Supplement	Name of Ingredient or Supplement that is Subject to the Claim	Text of Claim
Wellness Essentials™ for Pregnancy	Vitamin A (as retinyl palmitate), Vitamin A (as mixed carotenoids), Vitamin C (as ascorbic acid, niacinamide ascorbate), Vitamin D (as cholecalciferol), Vitamin E (as d-alpha tocopheryl succinate), Vitamin K, Thiamin (as thiamin mononitrate), Riboflavin, Niacin (as niacinamide ascorbate), Vitamin B6 (as pyridoxine hydrochloride), Folate (as folic acid, 5-formyl tetrahydrofolate), Vitamin B12 (as methylcobalamin), Biotin, Pantothenic Acid (as D-calcium pantothenate), Calcium (as calcium citrate), Iron (as iron glycinate), Iodine (as potassium iodide), Magnesium (as magnesium oxide), Zinc (as zinc glycinate), Selenium (as selenium aspartate), Copper (as copper lysinate), Manganese (as manganese glycinate), Chromium (as chromium dinicotinate glycinate), Molybdenum (as molybdenum aspartate),	Current research suggests that omega-3 fatty acids enhance fetal growth and development, support a smooth pregnancy, and help relieve postpartum negative mood. For added health benefits, Wellness Essentials for Pregnancy also ensures optimal levels body ready folate, choline, and an array of natural antioxidants that reflect the latest research in prenatal nutrition. Proper prenatal nutrition, including omega-3 fatty acids, is critical to maintaining optimal health of both mother and child. Wellness Essentials for Pregnancy provides complete nutritional support—from the moment the decision is made to have a child through the act of nursing—all in one packet daily.

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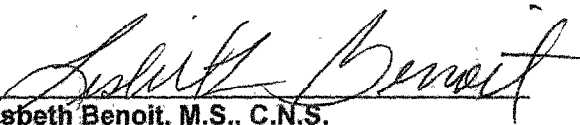
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	Inositol, Choline (as choline bitartrate), Natural Marine Lipid Concentrate, EPA (Eicosapentaenoic acid), DHA (Docosahexaenoic acid), and Other Omega-3 fatty acids	
Concentrated Ultra Prostagen®	Vitamin A (as retinyl palmitate), Vitamin B6 (as pyridoxine hydrochloride), Calcium, Phosphorus, Zinc (as zinc glycinate), Saw Palmetto Berry Extract (<i>Serenoa repens</i>), Nettle Root 10:1 Extract (<i>Urtica dioica</i>), Glycine, L-Alanine, and L-Glutamic Acid	Ultra Prostagen® features concentrated extracts of saw palmetto and nettle combined with other select nutrients to promote proper urinary function and prostate health.

THE UNDERSIGNED CERTIFIES THAT THE INFORMATION CONTAINED IN THIS NOTICE IS COMPLETE AND ACCURATE AND THAT METAGENICS, INC. HAS SUBSTANTIATION THAT THE STATEMENTS CONTAINED HEREIN ARE TRUTHFUL AND NOT MISLEADING.

Date 11/4/05

Metagenics, Inc.

BY: 
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Senior Regulatory Affairs Analyst